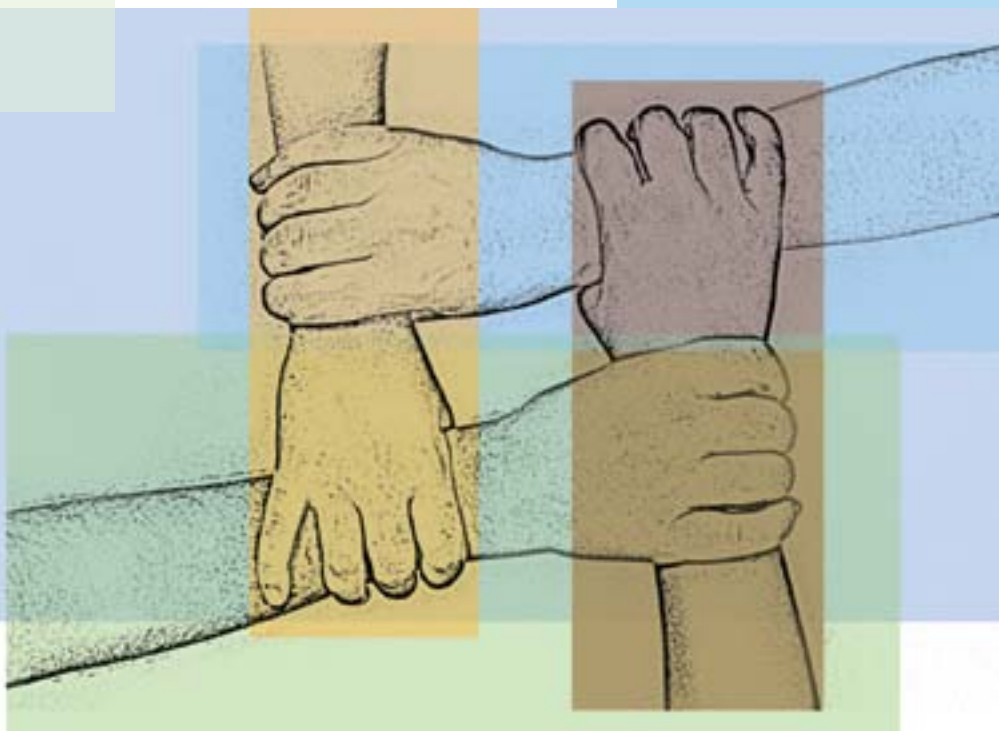


Stay Connected For Your Health



Keep all of your clinic appointments

Your health depends on it!

Take control of your health by seeing your health care providers regularly.



How to Stay Connected

- Keep all of your scheduled clinic appointments.
- Work as a team with your health care providers.
- Talk openly and honestly with your health care team.
- Ask questions that are important to you.

Why Is It Important to Keep All of Your Clinic Appointments?

Your Health Depends on It!

At your appointments

- We can check your health and make changes to your treatment plan if needed.
- We can give you the best medical care.
- You can take control of your health.

In one large study, people with HIV who attended all of their clinic appointments lived longer.

Source: Clinical Infectious Diseases, 2007.

Ways to Remember Your Clinic Appointments

- ☐ Write all of your appointments in a calendar.
- ☐ Put reminders or alerts in your cell phone.
- ☐ Put your reminder card in a place where you will see it often.
- ☐ Make sure we have your correct telephone number and address.
- ☐ Let us know right away if your telephone number or address changes.

If something comes up and you can't keep a clinic appointment, please call us at least 2 days in advance. It is important to reschedule if you miss an appointment.

Remember—it is important to come to all of your clinic appointments whether you feel sick or feel well.